

YOUR GUIDE TO SPECT Nuclear Perfusion

IMPORTANT

*Please read all contents of this flyer and follow all directions.
Please have all your questions answered to ensure this process goes smoothly.
If you are not properly prepared, we may have to postpone your study.*

MAY BE PREGNANT?

If there is any chance that you could be pregnant, please inform the technologist performing the test immediately. It may be necessary for you to undergo a pregnancy test prior to the nuclear perfusion study. This will be reviewed when you arrive in the nuclear medicine department for your procedure.

HOW TO PREPARE FOR YOUR TEST

YOU MAY NOT HAVE CAFFEINE FOR 12 HOURS PRIOR TO THE TEST.

This includes caffeinated soft drinks, tea, coffee (including decaf), chocolate, Excedrin, Anacin, Butalbital, Fioricet, and some other migraine medications. **Call if you are unsure about what medications you can take.**

DO NOT EAT OR DRINK 3 HOURS BEFORE THE TEST. PLEASE CONTINUE TO DRINK WATER ONLY.

If you are scheduled for blood work on the same day, you must not eat or drink anything after midnight. If you are a diabetic, you may bring a snack and your medications to take once instructed. Call if you are unsure about your diabetes medication. Our staff does not advise on insulin.

AGGRENOX SHOULD BE HELD 48 HOURS BEFORE THE TEST.

Do not take **Theophylline** based medications 24 hours prior to the test. Some of these medicines are: Pentoxifylline, Theophylline, Theo-Dur, Uniphyl, Theolair, Trental.

Medication should be taken as instructed by your physician or nurse when testing was scheduled.

We understand that instructions about medications can be confusing. A stress test team will call you the day before to review preparation for your exam. Please make sure your phone number is correct with the front office staff. **Please call the office in advance if you have any questions about what medicines you should take on the day of the test: 866-624-2778.**

What should I wear?

Since you may be exercising during the procedure, you should dress comfortably. Loose two-piece clothing and walking shoes are important. No metal on top, i.e. zippers, snaps.

When will I get results?

Once you have completed your study, before you leave the clinic, we will let you know when and how you can expect to receive your results.

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What takes place during the procedure?

The myocardial perfusion study consists of three parts. First, pictures will be taken of your heart while you are at rest. Secondly, you may be asked to exercise on the treadmill or receive a stress medication, and lastly the last (2nd) set of pictures will be taken. The entire test takes approximately 2-3 hours. However, in certain situations it may be required to be done over a 2 day period. It is important that you understand any instructions given. Don't hesitate to ask questions if you need more information.

PART ONE: Resting Pictures

(Camera rotates around your chest/arms up/head out)

An IV will be started in your arm so the radioactive material can be injected. You will not feel any different while receiving the radioactive material. The IV will remain in place throughout the study. Pictures will be taken of your heart while you are at rest. It is important to lie very still. This portion of the study will take about 7 to 8 minutes to complete. The quality of the pictures will be checked, and then you will move on to part two.

PART TWO: Exercise

(Treadmill or medication)

EKG electrodes will be placed on your chest. Your heart and blood pressure will be monitored as you exercise on a treadmill. The level of difficulty will be increased about every three minutes. It is important that you exercise for as long as possible to ensure best possible results. At the peak of your exercise, radioactive material will again be injected through the IV. After this injection you will continue exercising for one to two minutes. . If given regadenoson there will be no exercising and the medication will be given in your IV. The EKG and blood pressure readings will be taken for approximately five minutes after exercise is complete.

PART THREE: Stress Pictures

Stress Pictures (Camera rotates around your chest/arms up/head out)

You will be connected to a heart monitor and we will take pictures of what your heart looks like under stress conditions. Again, it will be necessary for you to stay very still while these pictures are taken. This stage will take approximately 7 to 8 more minutes. The pictures will be checked for quality before you leave. They are then sent to your physician to be reviewed.

What if I am unable to exercise?

It may be determined that a medication which mimics exercise is a better choice for you. This medication will take the place of the treadmill. If you notice any changes in the way you feel while you are receiving this medication, please notify the person who is closely monitoring your test. Most symptoms include a little shortness of breath or some chest tightness; these are normal and generally fade very quickly. You may be asked to do some low-level activity (walking very slowly on a treadmill or swinging legs over side of bed or chair) to help minimize the side effects from the medication. This exercise portion of the study takes about one minute.

What is a SPECT nuclear perfusion study?

A myocardial or "nuclear" perfusion study is a way of checking blood flow to the muscles or walls of your heart. The study requires that a small amount of radioactive material be given to you through an IV. A special camera is then used to take pictures of this material as it travels through your heart muscle.

Is the study safe?

Nuclear medicine procedures are very safe. Ten to 12 million of them are performed every year in the U.S. alone. Our well-trained professionals adhere to all required guidelines. Your body eliminates the radioactive material very quickly.

What does the study detect?

This study can be used to detect the presence of coronary artery disease (CAD) and how it affects your heart. CAD is caused by a buildup of fatty materials in your arteries. This buildup blocks the blood flow that your heart needs to function properly.

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Your doctor has ordered a Myocardial SPECT Perfusion study to check the blood flow to your heart. We offer this test at CIS and are happy to schedule this for you. In an effort to keep you informed, this test is also available at other locations. Please see below.

RUSH University Medical Center

1620 W Harrison St.
Chicago, IL 60612
888-352-7874

Duly Health and Care

430 Warrenville Rd, Suite 110
Lisle, IL 60532
630-432-6721

Heart Care Centers of Illinois

10260 West 191 St, Suite 102
Mokena, IL, 60448
708-478-4224

Silver Cross Hospital

1900 Silver Cross Blvd.
New Lenox, IL 60451
815-300-1100

Heart Care Centers of Illinois

11560 S. Kedzie Ave, Suite 100
Marrionette Park, IL, 60803
708-824-1114